50: Ruey E-5 (1955) 1955 AD1 Formosa
Formosan Aborigines
Atayal AD4

263 trading with the Han people. The ginger they raise by themselves. Most of the cooking oils they use are derived from animal fat.

5. Drinks and stimulants.

271 They drink water when thirsty. Their favourite drink is made by mixing ginger
272 juice with water. This may be used as a medicine. They sometimes drink animal
[262] blood while they hunt on the high mountain where no water can be gotten.
[733]
273 They like wine very much. When one gets drunk, he will not be punished even if he commits a crime. In time of a festival, they will drink up all the wine which the host has provided. A man with a good capacity can drink five or six catties of wine. Two persons drink from one cup of wine at the same moment to show their friendship. No taboo need be observed in time of drinking.

Wine is mostly made of glutinous millet, though today glutinous rice may be used too. *qaocao-seto* reported that she brews wine with millet and rice mixed together. After the material is washed and steamed, it is put on a bamboo tray to be cooled [*maβasao*]. Then, it is transferred to another tray which is laid with taro leaves. It is then sprinkled with some water, and some *tamolo* or yeast is added. After two (in summar) or three (in winter) days it is transferred again to a *matapa* or wine-pot. Some water is added. After another seven days this will become wine.

In the former days, they produced their own yeast. Yeast made of glutinous millet is called *pinixeloŋ*, and of glutinous rice *patinani saixo*. It is made by putting steamed millet or rice into a tray which is laid with taro leaves and also covered by taro leaves for two or three days and then drying.

Another kind of stimulant used is tobacco. T[redacted]cco is smoked with a bamboo pipe [*totox*]. In the fomer days, everybody had [redacted] keeping the pipe and tobacco, but today, most of the young people smoke cigarettes. They plant tobacco. Tobacco leaves are dried under the sun in the day time and pressed under a stone at night for two or three days. The tobacco will be consumed when it is not too dry. They are not fond of the completely dried leaves because they are easilly broken and the taste is bad.

6. Consumption of food

264 They consume food as a necessity to maintain their lives, therefore vegetables, meats, and eggs are of very little importance, because their staples are rice, millet, sweet potato and taro. They always eat only these kinds of staples without anything to take with, not even salt. No refreshment is taken besides their meals.

Formerly, they ate twice a day, now, they eat three times. Breakfast [*qumunama*] is taken in the early morning, lunch [*qumuliax*] at noon, and supper [*qumucaβiaŋ*] after dark. A family of twelve persons (the family of the Chief: four adults, eight children) consume four pints of rice each meal. Men and woman, old or young, eat together. Food is contained in a dish [*supiax*] which is put on the floor. The family members squat around it and eat with their hands. Soup, if any, is eaten with a wooden or bamboo spoon. Today, most of them use tables, chairs, and chopsticks,